

**China growth exacting too high a toll, says president**

**OFW remittances jumped 10.6% in August**

**Bollywood: Aga Muhlach's newfound passion**

**Lifestyle approach to weight loss**

**Fearful faces get noticed first before smiling ones**



**DRINKING—SMILES** may take a while, but a worried expression is a sure first attention get-ter, according to US researchers who studied how fast people's faces lost expressions.

AP/WIDE WORLD

# PHILIPPINE DAILY INQUIRER

BALANCED NEWS, FEARLESS VIEWS

Tuesday, October 16, 2007

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**Bishop warns ex-priest on accepting Palace cash**

By Beverly T. Nolasco

**PROBABLE** BISHOP CARLOS CRISTO HAS TAKEN to book-prime front-page position today. Possible for accepting P500,000 handed out to provincial governors who attended President's gathering in Malacanan. Governor Pablito of Pangasinan, who is on leave from his post, says he is...

AP/WIDE WORLD

# Panlilio to Palace: Tell truth on money



**GOVERNOR** Pablito of Pangasinan hands the P500,000 to said ex-governor during a Thursday meeting with President Macapagal-Arroyo in Malacanan.

**More officials admit getting P500,000**

By Tereza Grijalva  
Inquirer General Editor

**DECLARING** NO ONE COULD suppress the truth, Pangasinan Gov. Eddie Panlilio yesterday showed on television the bundle of P500,000 he said he received in Malacanan, triggering similar admissions from another governor and a congressman.

Their decision to go public about the money bundles that Malacanan had used to disburse prompted calls in the Senate for an investigation to find out if President Macapagal-Arroyo was involved. (See related story on B1 page 1.)

"It's very crucial that Malacanan should confirm which particular office he funds some items," Panlilio said during a press conference in the City of Pangasinan.

He said he subpoenaed by the Senate, he would appear and tell the truth.

Business Gov. Arroyo's former Malacanan and Pangasinan Gov. Pablilio also came out in the open to admit they had received money from Malacanan, and Pablilio's strategy to close



**GOVERNOR** Pablilio of Pangasinan in Malacanan.

**GMA men won't say where cash came from**

By Michael Lim-Ulan

**AT LEAST** PANGASINAN GOV. PABLILIO has been given last week to members of the House of Representatives, governor and mayor in Malacanan, but no Pablilio official has acknowledged where the money came from.

Senator Secretary Benito Pato, however, said the Union of Local Associations of the Philippines (ULAP), an umbrella organization of local officials, should be the organizing where the money came from.

"I don't know where the funds came from. That's an illegal thing. ULAP has its own funds," Pato said.

Pato, who also served as President Macapagal-Arroyo's political office adviser, said ULAP members—governors and mayors—would be asked to Malacanan on Thursday to take their share.

AP/WIDE WORLD

## IN THE KNOW

**Charter requires receipts, vouchers in all gov't spending**

By Cyril L. Banaag  
Inquirer Bureau

**THE 1987** PHILIPPINE CONSTITUTION (ARTICLE IX, Section 2) under the "charter" Commission on Audit (COA) states that no funds shall be paid or expended by government entity or any instrument of public funds from the government or the Commission on Audit (COA).

Over the government's Contract Fund, which is administered by the Office of the President, according to existing procedures, Pablilio said that everything is accounted for.

—CHARTERMAN

## Opposition in Senate, House demand inquiry

By Gil Gotschev  
and Herat Brundage

**AN OPPOSITION** SENATOR yesterday called for an inquiry into allegations that Malacanan handed out large bills with cash to congressmen and governors, over a weekend session revealed that President Macapagal-Arroyo could have bribery charges.

Sen. Panfilo Linao filed a resolution asking an investigation that would include other alleged bribery attempts uncovered in the past few weeks.

These were the P500,000 bills supposedly offered by outgoing Commission on Elections Chair Francisco Arduña to Congressmen in Higher Education Chair Benito Pato, and a proposed P2 million to the House, Grijalva said and other congressmen's bribery.

a European court in its attempt to suppress "black" transactions against the law.

In Senate Resolution No. 172, Linao said the alleged bribery attempts were alleged to be a public officer in a public office.

Senate Minority leader Aquino II said he would be able to file a bill for investigation if the case came from public funds, Pato said.

In a text message to the Inquirer, Pato said "they didn't hand it to me."

AP/WIDE WORLD

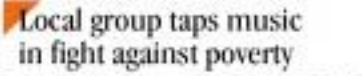
PHILIPPINE



## IMMUNIZATION OF ANOTHER KIND

A student of President Schooler Lawrie, Pablilio, gave a free antismoking shot on Monday. The Department of Health's "Good Choice, Right" immunization drive coincides with the biggest change of immunization in Congression's immunity.

Malacanan's strategy against another immunization case. (See story on Page E2) continues.



## Local group taps music in fight against poverty

By Jeanmarie Aranda

**IT IS NOT THE TYPE** OF MUSIC THAT will be to your head. But it is a reality that the Global Call to Action against Poverty (GAP) Philippines hopes will create a society that has become immune to poverty.

In launching the song "Poverty Is...

poverty" locally GAP Philippines aims to join the worldwide call to action...the International Day of Hunger and Poverty Declaration of the United Nations...the ultimate destination...throughout the world.

"Doing away with poverty is not a matter of charity but self-advocacy."

LOCAL GROUP A-1

## RP is forward operating base of US

By Herbert Duncan

David J. Phillips

**SINCE THE LATE 1990s**, A CRISIS of American defense analysts, military officials, civilian leaders, and industrial communities have identified the Philippines as playing a critical role in the US global position. A succession of studies sponsored by different US military services have also singled out the Philippines for strategic location.

"The threat for the New American Century (NAC), for example, had proposed that the US Navy establish a

base port) and that the US Air Force maintain a strategic presence in the Philippines.

Another study for the US Air Force (USAF) noted the Philippines is located centrally within what US strategists have called the "strategic arc" in the series of the Western Pacific where China could potentially seek to prevent the United States from deploying.

Another USAF-funded study to develop a "global access strategy" for the US proposed raising its island from the Philippines for use as a military base.

A 2004 USAF-funded study recom-

ing having options for moving and prepositioning US and allied land forces in the Philippines is among the most desirable areas. Exploring different alternatives, a US Air Force-sponsored research identified the Philippines as one of the suitable locations for a new unit of the Army.

Although proposals made by military analysts do not necessarily mean, but into action, it is clear that a consensus has been building that "Malacanan" to Philippine facilities is much more important than most. (Jedillo 12 pages ago.)

AP/WIDE WORLD







# GOING BACK TO BASICS - THE KEY TO GOOD GOVERNANCE

The Philippines is on the verge of an unprecedented boom. The economy is growing at its strongest rate in 30 years. The stock market has reached its highest index ever. The peso has appreciated by 22 percent in the last three years. Investor confidence in the country is high and growing.

We have to sustain economic growth so that its benefits can filter down to the masses so that their basic needs are met: employment, enough food at reasonable prices, housing, cheaper medicines, better education, and greater access to health care.

## OUR APPEAL

In this light, the **Consumer and Oil Price Watch (COPW)** seeks to summon the best in everyone of us **IN GOVERNMENT, BUSINESS, NGOS, THE RELIGIOUS, AND AMONG THE PEOPLE IN GENERAL. PARTICIPATE IN GOVERNANCE. HELP IN THE TASK OF FORGING UNITY. PUT THE INTEREST OF THE COUNTRY ABOVE SELF. GET BACK TO BASICS.**

**COPW appeals for a return to basics.** To a time of governance when *palabra de honor* and integrity were the politicians' badge of honor. When transactions with government met the highest standards of transparency and accountability. When changes in government were characterized by predictability, peaceful transition of power, order, and our people's consent through a vote that was cast peacefully and counted honestly. When people participated in governance because they truly loved their country.

**TO MAINTAIN THE MOMENTUM OF ECONOMIC GROWTH, A RETURN TO BASICS IS NOT AT ALL DIFFICULT. Just consider:**

## **A NEED TO REVIEW THE CONSTITUTION AS IT PERTAINS TO FOREIGN INVESTMENTS**

Today, in Asia and other emerging economies, there is a race to attract foreign investments. And it is a fact that our neighbors are growing faster than us in this regard.

Foreign investments play a major role in the country's economic growth. Local funds and technology are insufficient to meet the enormous cost of infrastructure to make the economy competitive and provide jobs to support a growing population and a swelling mass of unemployed.

**COPW believes that the Philippines can be more competitive if the rules governing foreign investments are more attractive. There is, probably therefore, a need to review the Constitution and its provisions affecting foreign investments.**

Perhaps, we should revisit Constitutional provisions that ban foreigners from owning property even for industrial uses, and owning and participating in the development of minerals, marine and other resources.

**There is a need to balance the urgency of meeting our needs through foreign participation in our economy and the demand for preserving the national patrimony for future generations of Filipinos. The two goals are not exactly in conflict nor mutually exclusive. They can meet halfway for the common good.**

**COPW proposes seeking a consensus on this issue through a public discussion of the merits of strengthening the economy through greater foreign investment participation while meeting the Constitutional mandates of giving priority to the Filipino and preserving the national patrimony.**

## **CITIZENS' PARTICIPATION - A CRUCIAL ELEMENT IN GOOD GOVERNANCE**

The constant presence of civilian organizations with their placards and loud voices in the streets create the impression that citizens' participation is practiced extensively in the Philippines.

**There are today more than 150,000 civil-society organizations in the country. While they are allowed to voice their advocacies, are they really listened to? It is time to listen to them. They can help shape and influence economic, fiscal and social policies. After all, it is the citizenry that will be most affected by these.**

## **TRANSPARENCY IS A BASIC VIRTUE OF GOOD GOVERNANCE**

**We must discard selective transparency and half truths.**

**Let us be totally forthright about all aspects of proposed programs, policies and projects.**

Nowhere is this more applicable than in the way we seek amendments to our Constitution, in the way we undertake and finance major projects, and, indeed, in our day to day dealings with our people.

## **PREDICTABILITY OF BASIC RULES AND REGULATIONS IS THE FOUNDATION OF GOOD GOVERNANCE**

**Our actions must have predictability because they adhere to standards of fairness, transparency, and consistency of policy. Predictability guarantees a level playing field.**

**Economic and business policies cannot be changed overnight without warning. Investors do not like being kept in the dark.**

## **ACCOUNTABILITY ENSURES GOOD GOVERNANCE**

**Today there is NO perceived system of monitoring programs and budget implementation. Government officials, private individuals and organizations must be held accountable for their actions that shape and influence public policy that bears on economic and social development.**

**COPW APPEALS TO ALL SECTORS - GOVERNMENT, BUSINESS AND THE CITIZENRY TO UNITE AND STAY FOCUSED IN REBUILDING OUR ECONOMY.**

**NOW MORE THAN EVER, THE OPPORTUNITY TO DO SO IS WITHIN OUR GRASP.**

**LET US NOT LOSE CONFIDENCE AND FAITH IN OURSELVES AND OUR ABILITY TO EXERCISE GOOD GOVERNANCE FOR THE SAKE OF OUR PEOPLE AND OUR COUNTRY.**

For online posting of COPW Issues, log on to <http://groups.yahoo.com/group/COPW/>



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# HK rights activists due today, want update on slays

By Philip C. Tobias  
Correspondent

(MANILA) — A group of 100 activists and journalists are set to arrive today in Manila to meet with the Philippine government to discuss the case of political killings and political disappearances in the Philippines.

Members of the Second ECLC mission for Human Rights and Peace in the Philippines will be in Manila until Oct. 22 and are hoping to meet with government officials, including Chief Justice Sereno Puno.

The fact-finding team includes Hong Kong democracy activist and legislator Leung Kwok-hung, known here as "Longhair," and members of civil society who document human rights abuses in the Philippines.

## Current situation

"One year after the [first] mission, we would like to know what has happened. We would like to know what the government has done to ensure the killings that have become an organized crime," said Ray Atala, a member of the team.

"We just want to know if the victims of human rights violations are still in the Philippines," said Atala, a member of the team.

The mission, organized by the HK Campaign for the Advancement of Human Rights and Peace in the Philippines (HRCAP), has visited the country in July 2006 and found

out an "appalling real" situation of some 100 political killings continuing to the end of the political disappearance "they" are crying out.

Jackie Hing, general officer of the Human and Peace Commission of the Catholic Bishops of Hong Kong and a member of the mission, said that the mission has not yet led the decision to ask the human to take a tougher stance against the extra-judicial killings.

Hing added that copies of their report were also submitted to Philippine diplomats based in Hong Kong.

"International and national pressure has been exerted and pressure of the government has been made. Now is the time to reflect," Atala said.

He said they would meet with members of the Commission on Human Rights, the Philippine National Police Task Force, and the Public Attorney's Office.

"Even more important, we shall meet with families of victims of human rights violations to know what has been done to the case," Atala said.

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# GMA: We don't tolerate human rights violations

By Michael Lee Ullas

(MANILA) — GMA Network Inc. is "the most democratic country in the region," President Gloria Arroyo yesterday declared in her administration's human rights record.

Speaking before human rights advocates during the "Regional Workshop on the Establishment of National Human Rights Institutions in Asia," Arroyo said the government had "no tolerance for human rights violations of any kind."

"The Philippines is the most democratic country in the region. We have championed that human rights be included in our human association of Southeast Asian nations," she said.

"We deplore any and all killings of political activists and journalists. I have met personally with the journalists committee and the state with human rights activists. We share their courage."

She said that, while she was not a politician, she was a human rights activist. "We share their courage."

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FOREIGN delegates to the Regional Workshop on the Establishment of National Human Rights Institutions held at Trade's Hotel today for the speech of Philippine President Gloria Arroyo.

Foreign Secretary Alberto Romulo, Executive Secretary Raulo Sison, United Nations representatives, members of the diplomatic corps and other UN representatives.

The Philippines is co-hosting the workshop which brings to government representatives of 15

countries across the region, and representatives of the UN High Commissioner for Human Rights (HCHR).

Invited to the workshop are member states which do not yet have established NHRIs in accordance with the "Paris Principles."

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## Militant farmers call for new land scheme

THIRTY-FIVE YEARS AFTER land reform was decreed through the Agrarian Reform Law, militant farmers yesterday called for a radical solution to rural poverty—the distribution of land for free.

The Hukbong Mapagpalang (HUKMAP), the revolutionary army of the Philippines, said in

its program that the land is the most precious asset of the people and a source of their livelihood.

"What we propose is not a new land distribution, but a new land scheme. We propose a new land scheme that would ensure the livelihood of the people."

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# Senate turns 91 today

*Remains a bastion of independence*

(1916 - 2007)



SENATORS of the 14th Congress led by Senate President Manny Villar. Seated from left are Senators Rodolfo G. Biazon, Pia S. Cayetano, Jinggoy E. Estrada, Mariano D. Santiago, Villar, Loren B. Legarda, Francis "Kiko" Pangilinan, Aquilino G. Pimentel Jr. and Juan Ponce Enrile. Standing from left are Senators Manuel "Lito" M. Lapid, Richard "Dick" Gordon, Joker P. Arroyo, Edgardo J. Angara, Benigno S. Aquino III, Panfilo M. Lacson, Ramon "Bong" Revilla Jr., Juan Miguel F. Zubiri, Gregorio B. Rosas III, Francisco "Chir" G. Escudero, Alan Peter Gonsaño S. Cayetano, Mar A. Rosas and W.A. Madrigal. Not in photo is Senator Antonio "Sonoy" F. Trillanes IV.

## MESSAGES

SENATE 91 commemorates its efforts and staff of the Senate in the Philippines as you celebrate your 91st birthday.

Together with the House of Representatives, the Senate is an essential pillar of our democratic legislature. It remains true to its constitutional mandate to create laws that would ensure the country's security and development.

My administration is deeply committed to this basic principle that government is a public trust. By fully respecting the separation of powers and the independence of the branches of government, my administration remains public trust a public demand for good and effective governance which is essential to nation.

I am convinced that the Philippine Senate has been fully supportive of my administration's efforts to ensure a better future for our people. Truly, the great satisfaction and reward of my administration is to see the Senate and its members contributing positively to the shaping of the nation and our world differently.

Again, congratulations to all for your continuous partnership with me in the pursuit of a better future for our people and our nation.

Respectfully,  
*Benigno S. Aquino III*  
President of the Philippines

With warm greetings to my fellow citizens, I extend my sincere appreciation and support to all the members of the Philippine Senate as you celebrate the 91st anniversary of the Senate of the Philippines.

The Senate represents the voice of the people. As stated in the Philippine Constitution, the Senate is the "upper house" of the bicameral legislature. Its role is to ensure that the laws passed by the House of Representatives are in the best interest of the people and to provide a check and balance to the executive branch of government.

In these trying times, we must be able to rely on our national institutions. The Senate is one of the most important of these institutions. It is the Senate that ensures that the laws passed by the House of Representatives are in the best interest of the people and to provide a check and balance to the executive branch of government.

I extend my sincere appreciation and support to all the members of the Philippine Senate as you celebrate the 91st anniversary of the Senate of the Philippines.

Respectfully,  
*Benigno S. Aquino III*  
President of the Philippines

To my colleagues in the Senate, in honoring efforts and your support to the Senate as you mark the 91st anniversary of the Senate of the Philippines.

In honor of the 91st anniversary of the Senate of the Philippines, I extend my sincere appreciation and support to all the members of the Senate as you celebrate the 91st anniversary of the Senate of the Philippines.

The 14th Congress has been a year of great change for both the Senate and the House of Representatives. We have seen many changes in our country and in our world.

We are proud to be part of the Senate and to be able to serve our country and our people. We are proud to be part of the Senate and to be able to serve our country and our people.

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## Villar's vision for the Senate

SENATE President Manny Villar has announced that the Philippine Senate will maintain its "institutional independence, freedom to its political power but in the service of the Filipino people."

To attain his vision, the Senate President has asked his colleagues to rise above their political differences and to embrace the agenda of national development.

The Senate celebrates today, Oct. 16, its 91st anniversary.

"We must recall the agenda of national development, directly the moving force and indirectly the combined legislative wisdom to achieve a sustainable and equitable economic growth for all," said Villar, the 20th Senate President, at the opening of the 14th Congress last July.

Villar, who is also President of the Nacionalista Party, recognizes the fact that the Senate is composed of members and women from a wide spectrum of diverse beliefs and ideologies, but united in the conviction to serve the Filipino people.

"We must work in collaboration and find honorable solutions under the guidance of a shared national vision," he said.

Over the years, the Senate has been the subject of much criticism and doubt, leading many to conclude that it is not to fulfill its role. However, time and again, the Senate's crucial role in the balance of power among the co-equal branches of government is emphasized by the emergency of issues of national concern, that leave no people who are not looking to it for the Senate," Villar said.

He said a legislative body, like the Senate, is an effective instrument of check and balance to a republican and democratic government. But, he added, the goodness of this purpose is lost to some who think that the Senate's role is one of stifling negative criticism hindering our nation's progress.

"In the century, the Senate exists to repair deficiencies and remove the very obstacles to national economic growth such as inefficiency, instability and cor-

ruption. The dynamics of democracy dictate that we cannot be a perfect Senate. It calls for reform, accountability and transparency," the Senate chief emphasized.

During his leadership, Villar

has asked his colleagues to rise above their political differences and to embrace the agenda of national development.

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Senate President Manny Villar presides the session.

retained that the Senate, aside from legislating priority bills, will also give primacy to the high priority matters in education, the environment, social justice and human rights violations, corruption in government, a waste-

wing people in their vote in the Senate," he said.

Under Villar's stewardship, the Senate continues to carry out its investigative duties as part of the power of oversight and ensure that challenges in government will never be conducted.

## Priority bills passed by the Senate

(July 26 - October 8, 2007)

- Cheaper Medicines (Senate Bill No. 1888)
- Magna Carta for Small and Medium Enterprises (Senate Bill No. 2546)
- Batas Kasambahay (Senate Bill No. 2662)
- Judiciary Retirement Benefits (Senate Bill No. 1820)
- Good Conduct Time Allowance to Detention Prisoners (Senate Bill No. 1647)
- Anti-Theft and Robbery of Mobile Phones and Devices (Senate Bill No. 1697)
- Breastfeeding Act (Senate Bill No. 1880)
- Environmental Awareness (Senate Bill No. 1899)
- Presentation of Suspects to Media (Senate Joint Resolution No. 4)

(1916) is a century ago, the Senate of the Philippines has been a part of the country's history. It is the Senate that ensures that the laws passed by the House of Representatives are in the best interest of the people and to provide a check and balance to the executive branch of government.

The Senate represents the voice of the people. As stated in the Philippine Constitution, the Senate is the "upper house" of the bicameral legislature. Its role is to ensure that the laws passed by the House of Representatives are in the best interest of the people and to provide a check and balance to the executive branch of government.

In these trying times, we must be able to rely on our national institutions. The Senate is one of the most important of these institutions. It is the Senate that ensures that the laws passed by the House of Representatives are in the best interest of the people and to provide a check and balance to the executive branch of government.

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## A country in desperate search of the heroic

[illegible]

We always use numerous Filipino workers on projects—the houses which they build sell themselves. But in doing so, we promote the local talent, laborers, masons, etc., carpenters, engineers, street sweeper who clean streets, market vendors—food and feed the nation. I think the local Filipino is conditioned to stand in awe of every building, much because he, at the same time,

only be one person among Filipinos. In fact, Filipinos have been known for their love to compare to Spanish terms. Just as that, but their education on everything without impact answer they have that money. Certainly are placed in public office regardless of their qualifications. We think government employees are just doing their day, even as working without asking for a pay, even though properly we should condemn those who also perform a service beyond the call of duty and

So why is there such a fierce search for "tereno"? It is because Filipinos find the story have led to a nation and they need "tereno" to have their old masters' from an innocent joke in the 19th century "Indigenous Households" looked for a while like a bad suggestion a Filipino "tereno" against their side, the situation, even though such a

with" was  
turned only to  
a timeless electronic news, and too a  
America's tight control of our resources  
policy and political pressure that is  
actually keep in post, the story is a brief  
economy defining "Wilder" as a "road  
also suggested a world against the "middle  
country of our brother country" (Wilder is  
we may require little as if they were  
consuming, such resources would be

Ironically, we can best refuse and resist foreign wars if we put our focus on our own people all of us citizens to have a strong feeling right to our country, eliminate that dependency on foreign suppliers and/or our immediate neighbors to keep our needs met—just like the Malaysians, Singaporeans and Chinese have done—and their people in the rest of world will respond in solidarity on fighting wars to do the same.

... 800-451-4511

## Government losing the war on hunger

A NEW SURVEY (see P. 20) REVEALS WE expect that more Filipinos had nothing to say in their vote in the last three months. That is an indication that the government has lost influence on citizens.

The way no longer dictated by their European forces last March was a clear, overwhelming, billions of pesos belonging to the people went down the drain that is open with no accomplishment to show. Where no, less September, without subjecting the previous elements to accounting and assessment, there was the announcement that another PLS billion will be up available to the World Bank without discussion.<sup>7</sup>

The program is certainly a billion dollars more than either its mechanics and staff can handle so budget has been spent. The National Foundation for the Advancement of the Arts (NFAA) is worth \$1.2 billion and draws under \$100 million and more. The total budget of \$1.2 billion has been spent and \$1.2 billion this September has been collected, but they are in a loss because they have already spent the rest.

As a "happy and content" as a child, she had a "good" relationship with her mother, who was "very loving and caring."

[illegible][illegible]

## Protecting news sources a key journalistic duty

THE NATIONAL UNION OF JOURNALISTS OF the Philippines expressed grave concern over the news of plans submitted to cite a reported list of coverage of the issues should the bid to start a new source, have a newspaper, newspaper, and, worst, should it happen to have present, the conflict in the news would be.

The Institute has kept 30 published a copy quoting unnamed sources describing how he, under American sponsorship, blocked the economy of former East German Planning Secretary Gunda Her during the German reunification. After taking journalists across the wall.

James Clark is a consultant working as a free-lance writer for the magazine for publishing the report. Dennis Juan Ponce Collin, Miami (Jeferson Santiago and Francis Escobedo supports all America's revolution. Ponce went further and suggested that the reporter be cited for sedition within the worldwide left network.

This is immaterial and a violation of the principles of *paritas conditionis*. This is unacceptable.

The division urged the removal of advertisements of Republic Air Co. as the items it said that give more the publisher, editors, columnists or their associated reports of the newspaper. These items are principal of general circulation from being compelled to reveal their sources.

The *Inter-Latin*, also known as the *Prima Fidei Latin*, is aimed primarily to promote *prima fidei* and group newspapers from interlinking journalists and their writers.

Provision of confidential sources of information is also an obligation of the journalist and is key to getting information to come forward. This is particularly important in an area like, among others, corruption in gov-

If the Press Freedom Law is rejected or weakened, sources would be deprived from coming forward and the public would remain uninformed about violators.

The WLP supports taking livestock and the business in their direction not to avoid the interests of the owner.

The fact that these shamshi actions are being initiated by senators, who should know that the protection of the journalistic source is an essential part of press freedom, makes these actions even more reprehensible.

—JIM DOUGLAS JR., chair  
 KIRBY Institute, western regional,  
 National Union of Journalists  
 of the Philippines, 101 A. Roca-Castro Ex.,  
 Quezon City

## DOJ's Gonzalez back in fighting mood

JUSTICE SECRETARY RALPH ABRAHAMSON IN  
last session, we have studied

General is again in a good fighting mood and looks as always to "bark out at the collar" of his blue jeans. "Impish" grin, as his larger program [sic] (sic) "bawling, you see, and you such to walk on his arm, that adorable narrow for a 'justice secretary' continues to cling to his arm like a barnacle.

Superstitions in public perception that he served only the interests of President George Washington and not the African people, Gossieff stifles all sense of abolitionism, not to mention justice. He has no qualms telling anyone who doubts his love "God, heaven and earth" the 2000 presidential election. He seems to think the voters would fall apart without him, and President George can't death him enough for his quest for living.

God bless the President!

—JENNIFER TROPER,  
jenn@bbs.brown.edu

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Imagine TV Reborn to give you the luxury of space

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# Testimonial of Gen. Lisandro C. Abadia (ret.) after taking Boston C within one hour

## 1. Previous History

I discovered I had Type 2 Diabetes 3 years ago with my blood sugar level reaching more than 280. Medication was prescribed to control sugar level - a combination of Solisox and Metformin. Since the start of the medication, my blood sugar level is going up and down during the day.

## 2. First Encounter with Boston C

When I read in the P.M. Daily Inquirer a one page advertisement regarding herbal anti-cancer and anti-diabetes drugs, I took time out to visit Mr. Tony Agustin in 229 Marojo St., Barangay Maligaya, San Miguel, Tarlac City.

I was given on the spot medication, 3 glasses of Boston C.

My initial blood sugar level was - 9.6

15 minutes after drinking one glass - 8.8

15 minutes after drinking one glass - 7.6

15 minutes after drinking one glass - 6.4

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In 2002 and 2003, two well known medical hospital in Asia conducted laboratory tests using Boston C herbal extracts in different dilutions on lung adenocarcinoma, colon carcinomas, breast cell lymphoma, bladder carcinomas, while a prominent Asia Biotechnology Laboratory tested it on lung and cervical cancer cells for presentation to the World Health Organization. The official results of this scientific laboratory tests clearly revealed and certified that even in its most diluted form, the Boston C herbal extracts were still able to kill off more than half the population of cancer cells within 3-5 days, depending on the type of cancer.



### Nore Onaguma, Stage 4 Breast, Liver, Ovary & Bone Cancer Survivor

My three two years ago was breast cancer Stage 3A when I was operated on. After two years, it spread to my liver, ovary and bones. I could not stand anymore. At St. Luke Hospital, they said that they have to remove my ovary, undergo RT for my liver, and later on chemotherapy. I did not have my liver treated. The following day, I decided to just take cysteine D orally and by intravenous.

In six months, my liver was cysteine of cancer cells and my ovary was normal. Now, there is no more illness in my bones because of Boston C Herbal Products and intravenous treatment.

### Raul Colinares Pancreatic and Liver Cancer Survivor

I was born and raise in Texas, USA and I am a retired military man. I was in the logistic field family A-10 in January 2004. I went for an operation for gall stones, only to find out that I had cancer. I had experienced cancerous tumors that spread through my body. When they told me I had three weeks to live, I went to Duke University in the US and underwent chemotherapy to get well again. They said they had a lot of cancer cells in my liver and that there was no cure.

I underwent chemotherapy the night months and the next month it had become inoperable in chemotherapy. I read an article about the Philippines and about some persons who had been cured and took Boston C. They said that the results were great and they told me about the good works that they had been doing here. Shortly, it was on the positive side. I decided to take a chance and came here to the Philippines and sought treatment.

On the first round of Boston C intravenous treatment, it seems like the result was positive for the next days. Not a hundred percent but there was a gain a lot of improvement. I'm very glad about that. At least there was an improvement that wasn't there before. My cancer, especially, according to the test, wasn't three months but I still have to take another test. They call a CT scan to make doubly sure that the tumor is completely gone. I still give some treatment in the liver but it has been reduced since 50% in a number of three months. I had items like in the Boston C Herbal Clinic for the liver and I followed the instructions they gave me. I took the treatment they gave me and there was an improvement. Not a hundred percent but I share with some persons who had been cured and took Boston C. They said that the results were great and they told me about the good works that they had been doing here. Shortly, it was on the positive side. I decided to take a chance and came here to the Philippines and sought treatment.



### Rodolfo Andino Chronic Renal Failure survivor

I am Rodolfo Andino from Barangay Kunguayan, Pangasinana. Two years ago I was told I had kidney failure. My doctor said, "This will require long term treatment". I was then told of the many options that I can choose from like major operations, kidney transplant which made me depressed then. I told myself that I was never going to get well. I felt pain in my stomach on many different occasions. I couldn't sleep. My weight really went down. Even my blood pressure went down. I then underwent dialysis for seven sessions and even had different transfusions. My expenses were piling up and I felt that I couldn't hold any longer. Because of my predicament, I prayed all the time and everything to the Almighty alone. Then a friend of mine advised me to take Boston C. I then started taking Boston C after each meal. I noticed thereafter that there were "Mark" underarms whenever I defecated. Now everything is normal including my symptoms. I still take Boston C because I think it will prevent any problems from occurring.



### Helen Napion 4th Stage Lung Cancer

"Three years ago, I had a mass in my lung that was about the size of a golf ball. My doctor advised me to have a bigger dose but I opted not to have that done because somebody told me about Boston C. I underwent CT therapy using Boston C for one week and then oral therapy for 6 months. Afterwards, I underwent CT Scan. X-ray to find out if the mass is still there. All tests revealed negative with the help of Boston C."



### Antonio Dostado Stage 4 Ovarian Cancer

I am from Hongkong and I have been a cancer patient since the year 2005. They operated on my left ovary. They removed it along with my appendix. But I did not undergo chemotherapy, that's why it came right again. So they removed it. They should have removed both ovaries during my first operation. Anyway, I was already 70 years old. I was admitted to have chemotherapy again, but even after that, my cancer level was still high and I had a tumor in my liver.

The doctor wanted me to undergo six (6) sessions but I refused to do the chemotherapy. After that, my family including my husband accepted that my life will be short lived. We prayed and attended mass every day asking for a miracle for almost three (3) months. My ovary attacked 31 times.

Then one day, my husband's assistant told him about Boston C herbal therapy. So I called Mr. Agustin, right away and I was admitted to the Boston C clinic to take for two weeks. That was three (3) years ago. March 2008.

After the treatment, I went back to Hong Kong for another three (3) months. My oncologist was surprised because my cancer level went down. Before Boston C, my cancer level was 77.6 after the three (3) days treatment treatment of Boston C, my cancer level went down to 34.8. The oncologist was surprised and asked me to bring him a bottle of Boston C. I started to bring him for at least a year and then came back for my second Boston C treatment which was only for five (5) days because I felt it right. I thought a lot of Cyrus S. Ullman and Boston C. Please to Hong Kong and thank it religiously everyday.

This time is not that it treatment is the effect after the three (3) weeks. Now, my cancer level is only 26. That is only 6 point higher than the normal level which is 20. I am really getting better. It is very dramatic.



### Floridita Abangio Brain Cancer Survivor

I am from Boston C and Mrs. Floridita Abangio, 78 years old, a visit to her home town in Oribi, Batangas. Her daughter, Petilla Tumbaga, and caregivers, Jolita Tumbaga and Jolita Tumbaga, Floridita was diagnosed with brain cancer, but she did not undergo surgery. She was very weak, had appetite, was bedridden and almost paralyzed. She could not stand, sit alone, walk. But somehow, her family found out about Boston C and brought her to the doctor clinic where Floridita was confined for six days for an intravenous treatment to fast track her healing process. After this, she continued taking a prescribed dosage of Boston C herbal extracts until for the next few months. Now, Floridita's brain tumor is completely gone. She has been cancer free for some years now, and it was very happy receiving for the Boston C team to talk to her and to see her demonstrate a walk, and even dance a dance. On her part, she must have been thrilled to see herself on the video monitor for the first time on the team played back her journey.



### Tapy Erbanes, formerly insulin dependent diabetic

When I was introduced to you, I think it but I still had my insulin injection, two times a day, in the morning and in the afternoon. After three months, I know my insulin needs. Then I consulted my doctor. He said my blood level is now normal.

One time I am a bit of weight. I wanted not to let my insulin injection. I immediately felt weak. I decided to stop. I realized that there was a big change. I did not have my insulin injection because I already have 10 years. After three months, I went to see my doctor but I was not taking insulin anymore. The doctor said I was normal. From that time on, I never had insulin. I just think I was an underdog. My blood sugar level is normal for eight months now. I think I was able to rehabilitate my pancreas.



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# News

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## 9M kids target of antimeasles drive

By Beverly T. Mariano

HOING TO IMMUNE NINE MILLION children in one month, the Department of Health has started its first, door-to-door antimeasles immunization drive called "Hook Out Tigger!" a follow-up to its successful immunization campaign in 1998 and 2004.

Children aged 9 months to 4 years old are now amid of free measles immunizations from home targeted health workers.

In a press briefing yesterday, Health Secretary Francisco Duque III said he asked the help of local government officials to ensure that home immunization would reach far-flung areas.

He said the DOH and local government units would also set up immunization centers, particularly in inaccessible areas and street market towns, to ensure the widest coverage possible.

DOH data show that the priority areas for the 2007 mass immunization program are Marikina, Iloilo, Cebu, Sagay, Zamboanga, Buta, Leganes, Zamboanga, Cebu, Zamboanga, Buta, Iloilo and Marikina.

The "Hook Out Tigger!" campaign is the DOH's "catch-up" program. They hope to reach out to children who missed the earlier programs and to prevent the possible resurgence of measles, in line with the goal of eliminating measles deaths by 2006.

Duque said there were measles cases reported in Marikina in November 2006, in Buta in January 2007, in Zamboanga City in February 2007, in Buta in April 2007, and in Buta in June 2007.

"We now have 143 confirmed cases since January this year up to September and this is just the tip of the iceberg because there are only the hospital admitted cases," said Duque in a statement.

In 2006, the implementation of a follow-up "Hook Out Tigger!" immunization campaign covered about 17 million children aged 9 months to 4 years old, which resulted in a drastic reduction in measles cases.

To meet the international commitment to eliminate measles in the Philippines, at least 95 percent of children should receive two doses of the measles vaccine. DOH data show that only 45 percent of Filipino children are covered by the measles immunization program.

## Stop cutting trees, Sibuyan miners told

By TJ Burgeon

ENVIRONMENT SECRETARY LITO BERNAL has stopped small-scale miners from cutting trees in Sibuyan island and banned the use from selling trees anywhere else in the country.

Acting secretary-general of the Department of Environment and Natural Resources, who is now acting secretary, said small-scale miners in Sibuyan are cutting down at least 100,000 trees in the Sibuyan island in Sibuyan.

He also prohibited the department from further issuing similar permits.

Acting secretary-general of the Department of Environment and Natural Resources, who is now acting secretary, said small-scale miners in Sibuyan are cutting down at least 100,000 trees in the Sibuyan island in Sibuyan.

Small-scale miners should not be given permits to cut trees in the first place, he stressed in a letter.

"We want to do justice for Governor Arroyo who suffered his life to protect the environment," Arroyo told reporters.

Arroyo, 62, married and killed by a guard of SRRP while leading a protest against mining in San Fernando on Oct. 3. He was buried last Friday.

"If they were not given that kind of heavy arms-carrying permit, the incident (killing) would have been avoided. All we can do is to make sure that this won't happen again," Arroyo said.

Sibuyan, an island in Iloilo, is home to a dense forest, a clean area and the Mt. Goring Goring National Park.

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# Tullahan Bridge opens with more jeers than cheers

By Mary C. Carrigan

LEFT: VEHICLES WERE ALLOWED ON Tullahan Bridge for the first time yesterday, more than six months after it was closed for rehabilitation.

Motorists, however, were angry instead of happy after several cars and passenger jeeps got stuck in the muddy road leading to the bridge, prompting Milwaukee Mayor Thomas Jefferson to call the reopening "premature."

"The decision of the Department of Public Works and Highway is partially open the bridge as a precaution, and could only result in more delays and substantial work," Castaneda said.

According to the report, the 2007 should have finished reconstructing the road leading to the bridge just before opening it to vehicle traffic.

He added the people of Milwaukee deserve "complete and safe bridge."

"The approach to the bridge should have been completed first and the project completed before it was opened," Castaneda said.

"The opening was just for show, they

should have finished reconstructing the road first before they allowed us to use it," said Rep. Thomas, the driver of a passenger jeep which was among the vehicles that got stuck in the middle of the muddy road.

The engine of his jeep stalled and when Milwaukee tried to get it out of the mud.

He said that as a result, he would not be able to drive it for the next few days.

To return cars to repair the engine plus it would cost around \$1,000 to have it repaired," he also said to WISN.

His sentiments were shared by several others whose vehicles had also stalled.

Only one, jeep and one and other light vehicles were allowed to use the bridge yesterday.

Comments were left with no choice but to wait until the stalled vehicles caused a traffic jam.

The bridge, which is used by hundreds of motorists and commuters, links the cities of Milwaukee and Madison. It is also the primary transfer point to the Madison area.

But Sen. (D-WI) National Capital Region project manager, another announced that it would take another week before they complete work on the approaches to the bridge, depending on the weather.

He added, "We are asking for public to be a little more patient and understanding because we cannot sacrifice the structure's quality over the original project timeline."

The reconstruction of the 75-year-old bridge was completed last Sept. 15 but much the CDOTI needed months to build it approaches at both ends of the infrastructure. The \$10 million project was originally set to open in June.

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## Vendors to monitor MMDA clearing drive

By Jay Yap

A PLAN BY THE METROPOLITAN AREA Development Authority to allow 15,000 vendors to do sidewalk clearing operations has raised the hopes of a group of vendors.

"Already human rights violations are being committed in the sidewalk clearing operations and the distribution of vendors. What more when they involve vendors?" said Sen. Pangasinan, information officer of the Philippine National Police, who said the plan of the MMDA to allow 15,000 vendors to do sidewalk clearing operations has raised the hopes of a group of vendors.

Pangasinan said the group would monitor

any possible human rights violations in the MMDA plan to give vendors or vendors' representatives to do sidewalk clearing operations.

"We are already monitoring all clearing operations and demolitions. If human rights violations are committed by vendors, we will take it up with the Commission on Human Rights," he said.

According to Pangasinan, clearing operations were not part of the Armed Forces of the Philippines' 2008-2010 role, and he said the plan of the MMDA to allow 15,000 vendors to do sidewalk clearing operations has raised the hopes of a group of vendors.

"This plan, if pushed through, will only

lead to more violent movement" between the MMDA and vendors, Pangasinan said.

MMDA Chair Rep. Regino Francisco also accused his plan to allow military soldiers to do sidewalk clearing operations of being a ploy to allow military soldiers to do sidewalk clearing operations.

According to Pangasinan, clearing operations were not part of the Armed Forces of the Philippines' 2008-2010 role, and he said the plan of the MMDA to allow 15,000 vendors to do sidewalk clearing operations has raised the hopes of a group of vendors.

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**METRO BRIEFS**

**A mother's appeal**

THE MOTHER of a suspected fugitive has filed a petition with the Department of Justice to prevent his arrest and extradition to the United States.

She said the mother of the suspected fugitive, who is now in the custody of the Department of Justice, has filed a petition with the Department of Justice to prevent his arrest and extradition to the United States.

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AT GLOBEETTA 4 &  
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Roger Ebert, CHICAGO MOVIE CRITIC

"SENSUOUS,"  
Lisa Schwarzbaum, ENTERTAINMENT WEEKLY

METRO Rating: Restricted (R 16-18)

**OPENS OCTOBER 24**

**RENDITION**

JAKE GYLLENHAAL REESE WITHERSPOON

**REVEREND**

**Pastor: 96**

BY JAMES CAMERON

Pastor J. is one of the founders of the Baptist Church in the South, and he is one of the founders of the Baptist Church in the South.

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# Bank lending up 7.5% to P1.82T

By Doris C. Santos

LOANS EXTENDED BY BANKS posted a one-on-year growth of 7.5 percent in August, the Bangko Sentral ng Pilipinas said yesterday.

The August growth rate surpassed the 5.3 percent year-on-year expansion registered in July. It also marked a resurgence from the 0.4 percent decline in August last year.

In a report, the BSP said that loans extended by banks in August reached P1.82 trillion. The report reached P1.82 trillion. The report reached P1.82 trillion.

The report reached P1.82 trillion.

Ministry Board slashed the BSP's benchmark interest rates by 25 basis points, leaving its monetary policy for the second time this year, following the US Federal Reserve's strategy.

The BSP's key policy rates were reduced to 3.75 percent for overnight borrowing or reverse purchase rate and 7.75 percent for overnight lending or repo rate.

Strategic and the continued broadening of the financial markets, which include new bank financing increasingly available to the corporate sector, would complement the banks' lending activity.

More sectors of the economy registered robust growth in August, led by the transportation, storage and communication sectors.

Bank lending rose by 11.9 percent while those extended to the community, social and personal services rose by 4.1 percent.

Lending to financial institutions, real estate and business services posted a 4.4 percent growth while loans to the agriculture, fisheries and livestock rose by 3.7 percent.

By contrast, lending to mining and quarrying, manufacturing, electricity and water sectors rose in August.

"To bank lending back both economic activity and domestic liquidity, the BSP will closely monitor developments in sectors that the goal of price stability is maintained," Treasurer said.

Bank lending is a key driver of domestic liquidity growth. It is also a major indicator of economic activity.

# NFA raises palay buying price by 10%

Farmers get P11 a kilo plus incentive

By Amy S. Bono

THE NATIONAL FOOD AUTHORITY HAS increased by 10 percent its buying price for palay to boost production and ease farm output.

Agriculture Secretary Antonio C. Dip said the NFA's palay buying price was raised to P11 per kilo less P10.

Also, Dip said farmers would continue to enjoy the incentive of P12.20 per kilo for palay that met NFA's minimum requirements and delivered to the warehouse.

Farmers' cooperatives will get an additional P12.20-a-kilo incentive if they will deliver palay to the government.

The incentive brought to P11.20 per kilo the NFA's buying price for palay from individual farmers, and to P11.50 per kilo for those sold by farmer cooperatives.

The new prices apply to clean and dry palay with 14 percent moisture content, Dip added.

He said the NFA's palay procurement would serve as a "price guide" mechanism that would influence the buying rates of private traders.

During the current harvest season, the average palay buying price of private traders has been maintained at P11.47 to P12.30 a kilo.

The Agriculture Department has been reluctant to offer to purchase the palay and profitability of our rice farmers," Dip said.

"This severe increase in the palay procurement price will surely boost our local farmers' confidence to produce more, especially with the use of high-yielding hybrid seeds and better inputs, knowing that the government is here to support them," he added.

The last time the government increased its palay procurement price was in December 2004.

The new buying price was approved by President Macapagal-Arroyo upon Dip's recommendation. This, according to Dip, was the government's response to the Farmers' demand for higher NFA buying prices of palay.

NFA Administrator Joseph Narasim said the move would improve the farmers' income and enable them to meet the rising cost of farm inputs.

The NFA has been planning the move has not meant to prevent an artificial decline in prices and to level up its buffer stock.

# PAL, Etihad enter into code-share deal

PHILIPPINE AIRLINES HAS started offering Manila-Abu Dhabi flights under a code-sharing agreement with Etihad Airways.

This is PAL's first such commercial deal since ending its partnership last Sept. 20.

The code-share agreement, which became operational on Oct. 4, gives PAL a new route to Abu Dhabi, a city with a strong business and trade link to the Middle East.

These services are displayed in computer reservation systems as both Etihad (airline code "ET") and PAL ("PR") flights.

PAL has code-share agreements with eight international airlines, making it the country's flag carrier to serve eight destinations from Manila and three from Cebu. PAL also has an extensive code-share partnership with six Philippine airlines.

PAL has discontinued Etihad's Manila-Abu Dhabi flights as PR 621, departing daily at 4 p.m. with same-day arrival in the UAE capital at 6:30 p.m.

The Abu Dhabi-Manila service is being served as PR 628, with daily departures at 2:00 a.m. and arrival at 7:30 p.m. on the same day.

Alan T. Sibilas

# OFW remittances ...

Foreign remittances to several Asian nations are starting to taper off.

The BSP Governor Amado T. Soriano Jr. said the sustained growth rate due to demographic trends in advanced economies, referring to the aging population that, in turn, increased the demand for skilled labor from developing countries like the Philippines.

Soriano also cited the geographical and skill diversification of Filipinos abroad as well as the efforts of banks and remittance agents to provide overseas Filipinos, including their beneficiaries, enhanced money transfer services and more access to financial products.

The United States, United Kingdom, Italy, United Arab Emirates, South Africa, Canada, Singapore, Japan and Hong Kong continued to be the major sources of remittance to the Philippines.

Remittances to the first eight sources grew even as the total number of deployed Filipinos declined by 3.7 percent to 716,839 (the number of active Filipinos).

Based on preliminary data from the Philippine Department of Employment, the total number of local and overseas workers stood at 100,204 and 100,204, lower by 1.5 percent and 20.2 percent from their year ago levels.

Based on the latest PSA report, the construction in employment of new foreign workers was due mainly to the shortfall in the supply of domestic workers to fill vacancies in foreign shipping vessels, delay in the issuance of working visas and competition from other Asian and European workers.

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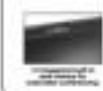
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**Health and wellness**  
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# LIFE STYLE

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## Two teas make new weight-loss formula

By Rose E. Jenkins

**M**ANY PEOPLE who have tried numerous fat diets have decided there is no magic pill to burn fat and there is no universal magic formula to lose weight.

But Jorge Hané, known to his followers throughout the world as the "international weight loss guru," seems to be willing just that.

Hané, a former television producer and businessman based in Miami, Florida, and his wife went back to school more than 14 years ago to study nutrition where there was a demand from Hané's for a product to compete with his fitness video.

Hané says his product works for 78 percent of users as each body reacts differently.



JORGE Hané with wife Patricia S.

He said his team developed an all-natural weight-loss formula. The formula is a combination of herbs and botanicals designed for the protein solution.

Only after the product passed tests for efficacy by several laboratories, including one in Taiwan, did he begin to produce and sell what became the Jorge Hané Fat-Fighter tea.

best, eliminating excess body fat, while the tea acts as a diuretic, flushing out excess water. If you eliminate body fat and water, you lose weight," Hané said.

### Conflicting

Reports on green tea's ability to help people lose weight are conflicting. Studies saying green tea helps boost the metabolism and burn fat in a significant way are usually sponsored by companies producing green tea beverages.

Other studies suggest green tea may give only a slight boost in the metabolism and burn an additional 60 calories daily if taken five to five times a day.

Drinking Jorge Hané Fat-Fighter tea, however, is expected to be drinking 10 cups of green tea. Taking the pill, however, a day will be equivalent to drinking 30 cups of green tea.

A unique granulation system produces a tea as fast as green tea, and this makes it easy for the body to absorb the tea.

"Since the product came out in the market 14 years ago I have never encountered any complaints for side effects... it is the only natural product in the world that goes through the clinical studies to prove that it works," Hané said.

But he cautions people not to

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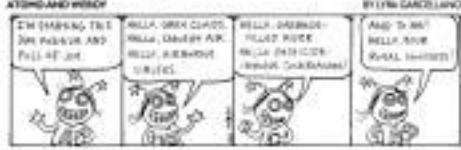








**To have to hold**  
BY ARNO & APOSTOL



**DAILY CROSSWORD**

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97. Italian  
98. Italian  
99. Italian  
100. Italian

**CONCEPTS SUKOKU**

By Dave Green

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		1		7		9	
	7		5		2		1
		4		6		8	
		5	2		6	1	
1				3			7
4	9						2
							8

Difficulty Level: ★★

**Answers to previous puzzles**

1. 5  
2. 2  
3. 9  
4. 7  
5. 1  
6. 7  
7. 5  
8. 2  
9. 6  
10. 1  
11. 4  
12. 9  
13. 7  
14. 8  
15. 3  
16. 2  
17. 1  
18. 9  
19. 7  
20. 5  
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96. 6  
97. 1  
98. 9  
99. 7  
100. 5

**HOW TO PLAY SUKOKU**

Sukoku is a logic puzzle. It is a grid of numbers. The goal is to fill in the grid with numbers 1-9, so that each row, column, and 3x3 sub-grid contains all the digits 1-9 exactly once.

**ANSWERS TO PREVIOUS PUZZLES**

1. 5  
2. 2  
3. 9  
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99. 7  
100. 5









## Lifestyle approach to weight loss

By Mitchell Seligson  
Contributor

**W**EIGHT LOSS HAS BECOME a never-ending quest for many people. If weight-loss gimmicks and fads are really effective, how can we explain the increasing trend of overweight and obesity all over the world?

The adoption of quick-fix measures, a common practice among Filipinos trying to lose weight, is actually hindering the increasing trend of overweight and obesity all over the world.

These unhealthy approaches might lead to short-term weight loss, mostly all side effects. Accruals in metabolism and psychological disturbances.

The values and most realistic rate of weight loss is 1 to 2 pounds per week or 20 to 30 lbs per year. More would also depend on a person's condition, genes, environment, lifestyle and degree of motivation.

There should be an element in maintaining healthy lifestyle and habits, eating habits and exercise.

periods during the year

Easy and convenient

The lifestyle approach to weight loss is the easiest and most convenient way to lose weight. It is based on a person's way of living and preferences.

I have found weight-loss principles based on a lifestyle approach that are even the most consistent weight loss strategies someone might encounter. These principles are inspired by the experience of successful people that I know who lost and maintained their weight.

This approach is all about consistency, consistency freedom, overall health, satisfaction and fun.

Freedom in discovering your own healthy diet is more effective long-term than following a fad diet.

Following a fad diet tried by your friend who lost 20 lbs in one month by having only soup might have unfavorable effects on your body, health, mood and thinking.

Not stability is enough due to the unsustainability of recommended diet. Healthy weight management is not preventing in your weight.

low efforts.

Eat what you like

Make your own healthy diet based on the recommended nutritional guidelines, your taste and the actual ability of the food.

You do not need to make an eating schedule for breakfast if you would love to eat bread with your favorite low-fat spread. You do not have to buy salad for lunch and dinner if you can cook something at home.

You just have to consider better food alternatives and be consistent at the exercise and quality.

Eating carbohydrates to boost metabolism and low fat produces a better quality weight loss than increasing carbohydrate intake low weight loss.

Eliminating new items from the diet is a common weight loss mistake of those who want to see visible results in their diet.

If you reduce rice, pasta or bread from your diet, you would really lack the energy to exercise in burn more calories.

I have also observed that those who limit their coffee consume more high-calorie cereals. They usually experience weight gain and weight fluctuations.

The best weight-loss strategy is to eat a balanced meal to increase energy and stamina. Lean body mass is gained and lost in a fast if you consume a healthy diet.

Increasing your hunger and metabolism than supporting yourself of calories makes you lose weight more consistently.

Usually consuming sweets, fats and fat foods from the diet causes digestive issues. There is strong evidence to suggest that food deprivation produces a tendency to eat more and eat more because of hunger.

Also, extreme dieting can create your intake of essential nutrients. Initial weight losses are caused by loss of water and lean mass instead of body fat. Water is rapidly regained when you begin eating normally again.

Listen to your body

Pay attention to your body and eat when you get hungry. Take out unnecessary calories from daily meals. However, if you drastically deprive yourself of your favorite foods, it will affect your body.

If you have lost your energy and usually consume less sleep of take every

week with having coffee every afternoon, try to reduce it every week. Or you can find a healthier substitute that will help you lose weight like fruit or a protein-rich smoothie.

Eating more often during the day, instead of skipping meals, prevents you from overeating.

It is common for people to start a meal, usually breakfast, or not to eat after 6 p.m. to lose weight. Instead of reducing the calories, you are more likely to crave for something like a night.

Usually high-calorie foods like pork heads or steaks are consumed late at night, especially when you watch your favorite television shows.

Practicing eating small meals frequently is promising maintaining and maintaining metabolism at the end of the day. It is once when we eat that we gain weight gain, but how much and when we consume during the day.

It does not matter if you eat after 5 p.m. We have different schedules and sleep in different hours. But your last meal for the day should be eaten before you sleep.

I email the author at [mseligion@earthlink.net](mailto:mseligion@earthlink.net)

## Propolis and honey in new soap

THE INDIANAPOLIS FACIAL SOAP COMBINES one of nature's best ingredients - propolis and honey. This unique formula of natural ingredients with these powerful antimicrobial, antioxidant, anti-inflammatory and moisturizing properties cleans, soothes, nourishes and rejuvenates the skin naturally.

There are several benefits to using IBI Propolis Facial Soap:

Cleanses - Gently, yet effectively removes impurities and dirt from the skin and pores, leaving skin clean and smooth.

Protects - The antibacterial property of propolis and honey provides a layer of protection against bacteria and fungus, keeping the skin both soft and healthy free for a longer period of time. Helps improve healing of pimples and infections. Also reduces inflammation.

Nourishes - Honey is well known to moisturize and soothe skin, leaving skin looking soft and smooth.

Rejuvenates - Propolis



Exfoliates (powerful antimicrobials) that help to regenerate skin and repair damage caused by sun, environment and pollution. Honey helps stimulate the growth of new skin cells to heal blemishes and scars.

High-quality products are IBI and the IBI approach. IBI Network is located at 1111 Madison Plaza, Cincinnati, OH. Or you can contact IBI at [www.ibinetwork.com](http://www.ibinetwork.com).



AT 11647TH! Options' opening: Mayor Patricia Belmonte (far left), Mayor Mark Hanna (second from left), Mayor Patricia Belmonte (far right), Mayor Mark Hanna (second from right), and Mayor Patricia Belmonte (far right).

## Store chain inaugurates new branch

HEALTHY OPTIONS, THE national production chain, inaugurated recently its branch at 11647TH! Options' opening.

Guests were welcomed by Mayor Patricia Belmonte, Mayor Mark Hanna, Mayor Patricia Belmonte, Mayor Mark Hanna, and Mayor Patricia Belmonte.

Mayor Patricia Belmonte, Mayor Mark Hanna, Mayor Patricia Belmonte, Mayor Mark Hanna, and Mayor Patricia Belmonte.

Mayor Patricia Belmonte, Mayor Mark Hanna, Mayor Patricia Belmonte, Mayor Mark Hanna, and Mayor Patricia Belmonte.

Mayor Patricia Belmonte, Mayor Mark Hanna, Mayor Patricia Belmonte, Mayor Mark Hanna, and Mayor Patricia Belmonte.

11647TH! Options' opening: Mayor Patricia Belmonte (far left), Mayor Mark Hanna (second from left), Mayor Patricia Belmonte (far right), Mayor Mark Hanna (second from right), and Mayor Patricia Belmonte (far right).



THROUGHOUT the store, there are many healthy and light products of various.



## Clinic espouses early dental child care

A CHILD, NO MATTER HOW YOUNG, can have a perfect, smiling smile.

It is important regular dental visits should start from the age of 2.

The Western Indiana Dental Clinic in Mankato City offers a wide range of dental treatments and services while providing a highly personalized level of care, especially for young patients.

Regular visits will allow the dentist to monitor problems and take care of them before they become more serious.

The clinic stresses preventive care, especially for children already in mixed dentition stage or those with tooth milk and permanent teeth.

Real and habits may start at a young

age causing significant damage to teeth and gums.

These bad habits include sucking on thumbs and other fingers, mouth breathing and excessive swallowing.

The orthodontic treatment is recommended when certain symptoms appear like early or late loss of baby teeth, difficulty in chewing or biting, jaw that shifts or makes sounds, biting the cheek or roof of the mouth and jaw, and toothed are out of proportion to the rest of the face.

The Western Indiana Dental Clinic is at Suite 31, 1000 Grand Blvd., Grand Rapids, MI. Or you can contact IBI at [www.ibinetwork.com](http://www.ibinetwork.com).













## Help for foreign filmmakers in RP

From page 21

The Export Services Group, chaired by Rights Group, is designed as a one-stop shop for foreign producers planning to shoot

in the Philippines. The ESG is under the Development Council of the Philippines, chaired by Jacky Rotillas.

## Echo...

Page 27

When did you realize you wanted to sing?

"In '72, when I started writing poetry I would read my brother's love letters and other songs out of them. I realized I was hooked on music when I heard Frank Sinatra's 'My Funny Valentine' and Gary's 'Oh, Lady Be Good'."

Gary, do you think justice will be done for the man who shot you?

"To be perfectly honest, I don't think Gary will be caught. My main priority is to do some singing. There will never be another Jericho. Besides, my book 'Jericho' is out now."

What can we expect from this album?

"Gary and I are excited that this album will be our first. I want to do everything. I'm 17 now, I only do a TV and movie career. And I hope people appreciate it."

**CHAPTER 1:**  
From the Highlands of Scotland to the streets of New York, he fought his first battle and won.

**CHAPTER 2:**  
With the help of his powerful enemies, he saved the world from evil.

**CHAPTER 3:**  
He is back with an army from beyond where only promises to eliminate him and become the only immortal.

**NOW HE WILL TAKE ON THE MOST POWERFUL AND MOST EVIL IMMORTAL OF ALL**

**OPENS TOMORROW**

**GOOD VS. EVIL  
THE FINAL BATTLE**

**ADRIAN PAUL**

**HIGHLANDER**

**THE SOURCE**

**#1 MOVIE IN AMERICA!**

**\$24,168,865**

**HIGHEST 3-DAY WEEKEND GROSS (Sept. 21-23)**

**3RD WEEK**

**MILLA JOVOVICH**

**RESIDENT EVIL: EXTINCTION**

We have returned the **BIGGEST**...

We have won the **APOLLO**...

Now we face **EXTINCTION**.

AT THE CINEMAS				
<b>GLORIETTA 1</b>	1. <b>THE SOURCE</b>	2. <b>STANDSTILL</b>	3. <b>RETRIBUTION</b>	4. <b>ROCKY HORROR</b>
<b>GLORIETTA 4</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 5</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 6</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 7</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 8</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 9</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 10</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 11</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 12</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 13</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 14</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 15</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 16</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 17</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 18</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 19</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 20</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	

AT THE MALLS				
<b>GLORIETTA 1</b>	1. <b>THE SOURCE</b>	2. <b>STANDSTILL</b>	3. <b>RETRIBUTION</b>	4. <b>ROCKY HORROR</b>
<b>GLORIETTA 4</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 5</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 6</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
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<b>GLORIETTA 14</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 15</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 16</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 17</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
<b>GLORIETTA 18</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	
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<b>GLORIETTA 20</b>	1. <b>RETRIBUTION</b>	2. <b>NO RESERVATIONS</b>	3. <b>STANDSTILL</b>	

**Harsh Times**

Christopher Moltisano

**Now on its 2nd Week at Glorietta 4 Cinemas**

**Harsh Times**

Christopher Moltisano

**EXCLUSIVE**

**Urban Beats**

**urban beats**

**Superbands at Glorietta**

**EXCLUSIVE**

